

Here is a list of the readings for the year. The books to Purchase are listed first.

**NOTE: Please read the highlighted books prior to the start of the fellowship.**

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### Postdoctoral Seminar Required Readings

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#### **Books To Purchase:**

Abrams, D.B., Niaura, R., Brown, R.A., Emmons, K.M., Goldstein, M.G., & Monti, P.M. (2003). *The tobacco dependence treatment handbook: A guide to best practices*. New York: Guilford Press.

Belar, C. D., & Deardorff, W. W. (1995). *Clinical health psychology in medical settings: A practitioner's guidebook*. Washington, DC: American Psychological Association.

Cone, J. D. (2001). *Evaluating outcomes: Empirical tools for effective practice*. Washington, D.C.: American Psychological Association.

Linden, W. (2005). *Stress management: From basic science to better practice*. Thousand Oaks, CA: Sage.

Miller, W. R., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change*. New York: The Guilford Press

Morin, C.M., & Espie, C.A. (2003). *Insomnia: A clinical guide to assessment and treatment*. New York: Kluwer Academic.

National Institutes of Health. (June, 1998). Clinical guidelines in the identification, evaluation, and treatment of overweight and obesity in adults: The evidence report. NIH publication No. 98-4083. Washington, DC: U.S. Department of Health and Human Services.

O'Donohue, W., Fisher, J. E., & Hayes, S. C. (Eds.). (2003). *Cognitive behavior therapy: Applying empirically supported techniques in your practice*. New York: Wiley.

Perlis, M. L. & Lichstein, K.L. (Eds.). (2003). *Treating Sleep Disorders: Principles and practice of behavioral sleep medicine*. Hoboken, NJ: John Wiley and Sons, Chap. 1-6, 11-12.

Saplosky, R. M. (1998). *Why zebras don't get ulcers: An updated guide to stress, stress-related diseases, and coping*. New York, NY: W.H. Freeman and Company.

Schwartz, M. S. & Andrasik F. (2003). *Biofeedback: A practitioner's guide (3<sup>rd</sup> edition)*. New York: The Guildford Press.

Stewart, S.K. (2002). *Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients*. Illinois: Blood & Marrow Transplant Information Network. (this can likely be obtained for free through Cindy Burke in the BMT clinic at Wilford Hall or through correspondence with BMT Infonet at [www.bmtinfonet.org](http://www.bmtinfonet.org))

Taylor, S. & Asmundson. G. (2004). *Treating health anxiety*. New York: Guilford Press.

Turk, D.C., & Gatchel, R. J. (2002). *Psychological approaches to pain management: A practitioner's handbook, 2<sup>nd</sup> Edition*. New York: The Guilford Press.

Wansink, B. (2006). *Mindless eating: Why we eat more than we think*. New York: Bantam Dell.

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### Readings Topics

#### **HEALTH PSYCHOLOGY OVERVIEW** (1 week)

American Psychological Association (2002). Ethical principles of psychologists. *American Psychologist*.

Belar, C. D., & Deardorff, W. W. (1995). *Clinical health psychology in medical settings: A practitioner's guidebook*. Washington, DC: American Psychological Association. Chapters 1, 6, 7 only

Papas, R.K., Belar, C.D., & Rozensky, R.H. (2002). The practice of clinical health psychology: Professional issues. In T.J. Boll (Ed.) *Handbook of clinical health psychology*, volume 1. Washington, D.C.: APA.

France, C.R., Masters, K.S., Belar, C.D., Kerns, R.D., Klonoff, E.A., Larkin, K.T., Smith, T.W., Suchday, S., & Thorn, B.E. (2008). Application of the Competency Model to Clinical Health Psychology. *Professional Psychology: Research and Practice*, (in press), pp. 1-8.

#### **SUPERVISION (1 week)**

Watkins, C. E. (Ed.). (1997). *Handbook of psychotherapy supervision*. New York: John Wiley and Sons. Chapters 1, 8, 19, 21, 29, 30.

Falender, C.A., Erickson Cornish, J.A., Goodyear, R., Hatcher, R., Kaslow, N.J., Leventhal, G., Shafranski, E., Sigmon, S.T., Stoltenberg, C., & Grus, C. (2004). *Defining*

competencies in psychology supervision: A consensus statement. *Journal of Clinical Psychology*, 60, 771-785.

Strosahl, K. & Jacobson, N. S. (1986) Training supervision of behavior therapists. Chapter 12 in ? Book., Hayward Press, pp 183-206.

Lovitt, R. (1998). Teaching assessment skills in internship settings. In L. Handler, & M.J. Hilsenroth (Eds.), *Teaching and learning personality assessment* (pp. 471-484). Mahwah, NJ: Lawrence Erlbaum.

Enyedy, K.C., Archinue, F., Puri, N.N., Carter, J.W., Goodyear, R.K., & Getzelman, M.A. (2003). Hindering phenomena in group supervision: Implications for practice. *Professional Psychology: Research and Practice*, 34, 312-317.

Supervision Competencies Checklist  
Motivational Interviewing Feedback Form

### **TEACHING** (1 week)

Overholser, J. C. (1993). Elements of the Socratic method: I. Systematic questioning. *Psychotherapy*, 30(1), pp. 67-74.

Overholser, J. C. (1995). Elements of the Socratic method: IV. Disavowal of knowledge. *Psychotherapy*, 32(2), pp. 283-292.

Overholser, J. C. (1996). Elements of the Socratic method: V. Self-improvement. *Psychotherapy*, 33(4), pp. 549-559.

Brookfield, S. D. (1995). *Becoming a critically reflective teacher*. San Francisco: Josey-Bass. Chapters 1, 4, 5.

Fryer-Edwards, K., Arnold, R.M., Baile, W., Tulsy, J.A., Petracca, F., & Back, A. (2006). Reflective teaching practices: An approach to teaching communication skills in a small-group setting. *Academic Medicine*, 81, 638-644.

Miller, W.R., Yahne, C.E., Moyers, T.B., Martinez, J., & Pirritano, M. (2004). A randomized trial of methods to help clinicians learn motivational interviewing. *Journal of Consulting and Clinical Psychology*, 72, 1050-1062.

### **INTERVENTION SKILLS** (1 week)

O'Donohue, W., Fisher, J. E., & Hayes, S. C. (Eds.). (2003). *Cognitive behavior therapy: Applying empirically supported techniques in your practice*. New York: Wiley.

Miller, W. R., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change*. New York: The Guilford Press.

## **OVERVIEW OF BEHAVIORAL MEDICINE AND PSYCHOPHYSIOLOGICAL DISORDERS** (1 week)

Keefe, F. J., Buffington, A. L., Studts, J. L., & Rumble, M. E.. (2002). Behavioral medicine: 2002 and beyond. *Journal of Consulting and Clinical Psychology, 70*, 852-856.

Baum, A., Revenson, T. A., & Singer Eds. (2001). *Handbook of Health Psychology*. New Jersey, Lawrence Erlbaum Associates, Chap. 17 (Stress Health and Illness), pp 321-337.

Taylor, S. & Asmundson, G.J.G. (2004). *Treating Health Anxiety*. New York, NY: Guilford Press. (pp. 1-91).

Looper, K. J. & Kirmayer, L. J. (2002). Behavioral medicine approaches to Somatoform disorders. *Journal of Consulting and Clinical Psychology, 70*, 810-827.

Resnicow, K, DiLorio, C., Soet, J. E., Borrellie, B., Hecht, J., & Ernst, D. (2002). Motivational interviewing in health promotion: It sounds like something is changing. *Journal of Consulting and Clinical Psychology, 70*, 444-451

## **FECAL INCONTINENCE TREATMENT** (1 week)

Clinical Health Psychology (2001). *Protocol for biofeedback treatment of fecal incontinence*. San Antonio: Wilford Hall Medical Center

Schwartz, M.S., & Andrasik, F. (Eds.) (2003) *Biofeedback: A Practitioner's Guide (3rd edition)*. New York: The Guildford Press. Chapters 26-28 (Elimination Disorders chapters).

Heymen, S., Jones, K. R., Ringel, Y, Scarlett, Y., & Whitehead, W. E. (2001). Biofeedback treatment of fecal incontinence: A critical review. *Dis of the Colon and Rectum, 44*, 728-736.

Pager, C. K. Solomon, M. J., Rex, J. & Roberts, R. A.. (2002). Long-term outcomes of pelvic floor exercise and biofeedback treatment for patients with fecal incontinence. *Dis of the Colon and Rectum, 45*, 997-1003.

Landefeld, C.S., Bowers, B.J., Feld, A.D. et al. (2008). National Institutes of Health State-of-the-Science Conference statement: Prevention of fecal and urinary incontinence in adults. *Annals of Internal Medicine, 148*, 449-458.

Kuehn, B.M. (2008). Consensus report highlights incontinence. *JAMA*, 299, 278.

Wald, A. (2007). Fecal incontinence in adults. *New England Journal of Medicine*, 356, 1648-55.

Tariq, S.H. (2004). Geriatric fecal incontinence. *Clinical Geriatric Medicine*, 20, 571-587.

**Recommended Readings:**

Hinninghofen, H. & Enck, P. (2003). Fecal incontinence: evaluation and treatment. *Gastroenterology Clinics of North America*, 32, 685-706.

Bharucha, A.E., Wald, A., Enck, P. & Rao, S. (2006). Functional anorectal disorders. *Gastroenterology*, 130, 1510-1518.

Bordeianou, L., Rockwood, T., Baxter, N., et al. (2007). Does incontinence severity correlate with quality of life? Prospective analysis of 502 consecutive patients. *Colorectal Disease*, 10, 273-279.

Thekkinkattil, D.K., Lim, M., Stojkovic, S.G., et al. (2008). A classification system for faecal incontinence based on anorectal investigations. *British Journal of Surgery*, 95, 222-228.

**PRIMARY CARE** (2 weeks)

USAF Office for Prevention and Health Services Assessment (2001). *Primary Care Behavioral Health Services Practice Manual*. San Antonio, TX. <https://kx.afms.mil>

Robinson, P.J. & Reiter J.T. (2007). *Behavioral Consultation and Primary Care: A Guide to Integrating Services*, New York, NY: Springer Science and Business Media. Chapters 1, 3, and 8.

Noffsinger, E. B. (1999). Will Drop-In Group Medical Appointments (DIGMAs) work in practice? *The Permanente Journal*, 3(3), 58-67.

Noffsinger, E. B. (2002). Physicals Shared Medical Appointments: A revolutionary access solution. *Group Practice Journal*, Jan 02, 16-26.

Whitlock, E. P., Orleans, T., Allen, J. (2002) Evaluating primary care behavioral counseling interventions. *American Journal of Preventive Medicine*, 22(4), 267-284.

Week 1: Review Practice Manual; Behavioral Consultation and Primary Care  
Chapters 1, 3, and 8

Week 2: All other articles

**Recommended Readings:**

Cummings, N. A., O'Donohue, W. T., & Ferguson, K. E. (2003). *Behavioral health as primary care: beyond efficacy to effectiveness*, Reno, NV: Context Press. Chapter 7.

### **CHRONIC PAIN** (4 weeks)

Turk, D.C. & Gatchel, R.J. (2002). *Psychological approaches to pain management: A practitioner's handbook.*, 2<sup>nd</sup> Edition New York: The Guilford Press. Chapters 1, 3, 6, 7-10, 12, 13, 15, 17, 19, 23, 26.

Turk, D.C., & Melzack, R. (2001). *Handbook of pain assessment (2<sup>nd</sup> edition)*. New York: The Guilford Press. Chapter 2, pp 15-34 & Chapter 16, pp 292-319

Turk, D. C. & Okifuji, A. (2002). Psychological factors in chronic pain: evolution and revolution. *Journal of Consulting and Clinical Psychology*, 70, 678-690.

Keefe, F. J., Smith, S. J., Buffington, A. L., Gibson, J., Studts, J. L., & Caldwell, D. S. (2002). Recent advances and future directions in the biopsychosocial assessment and treatment of arthritis. *Journal of Consulting and Clinical Psychology*, 70, 640-655.

Otis, J. D., Keane, T. M., & Kerns, R. D. (2003). An examination of the relationship between chronic pain and post-traumatic stress disorder. *Journal of Rehabilitation Research & Development*, 40 (5), 397-405.

Turk, D.C., & Burwinkle, T.M. (2005). Clinical outcomes, cost-effectiveness, and the role of psychology in treatments for chronic pain sufferers. *Professional Psychology: Research and Practice*, 36, 602-610.

Mayer, T.G., McGeary, D., & Gatchel, R.J. (2003). Chronic pain management through Functional Restoration for spinal disorders. In Frymoyer, J. & Wiesel, S. (Eds.), *Adult and Pediatric Spine, 3rd Edition*. Lippincott, Williams & Wilkins: Philadelphia, pp. 323-333.

Thieme, K., Flor, H., & Turk, D.C. (2006). Psychological pain treatment in fibromyalgia syndrome, efficacy of operant behavioural and cognitive behavioural treatments. *Arthritis Research and Therapy*, 8, 1-12.

Arnold, L.M. (2006). New therapies in fibromyalgia. *Arthritis Research and Therapy*, 8, 1-20.

### ***Recommended Readings:***

Kalemoglu, M., Demirbas, S., Akin, M.L., Yildirim, I., Kurt, Y., Uluutku, H., & Yildiz, M. (2006). Missed injuries in military patients with major trauma: original study. *Military Medicine*, 171, 598-602.

Rooks, D.S. (2007). Fibromyalgia treatment update. *Current Opinions in Rheumatology*, 19, 111-117.

Guyer R.D. & Ohnmeiss D.D. (2003). Intervertebral Disc Prostheses. *Spine*, 28 (supplement), S15-S23.

Week 1: Turk & Gatchel, Chs. 1, 3, 8, 17, Turk & Burwinkle (2005)

Week 2: Turk & Gatchel, Chs. 9, 10, 13, 15

Week 3: Turk & Gatchel, Chs. 23, 25, 26, Mayer et al. (2003), Thieme et al., (2006), Arnold (2006)

Week 4: Turk & Melzack (Chapters 2, 16) & Remaining Articles

### **SPIRITUALITY AND HEALTH/POSITIVE PSYCHOLOGY** (1 week)

Miller, W. R. & Thoresen, C. E. (2003). Spirituality, religion and health: An emerging research field. *American Psychologist*, 58(1), 24-35.

Powell, L. H., Shahabi, L., & Thoresen, C. E. (2003). Religion and spirituality: Linkages to physical health. *American Psychologist*, 58(1), 36-52.

Contrada, R. J., Goyal, T. M., Cather, C., Rafalson, L., Idler, E. L., & Krause, T. J. (2004). Psychosocial factors in outcomes of heart surgery: The impact of religious involvement and depressive symptoms. *Health Psychology*, 23(3), 227-238.

Freedland, K. E. (2004). Religious beliefs shorten hospital stays? Psychology works in mysterious ways: Comment on Contrada, et al. (2004) *Health Psychology*, 23(3), 239-242.

Scheier, M. F. & Carver, C. S. (2003). Self-regulatory processes and responses to health threats: Effects of optimism on well-being. Chapter 15 in *Social Psychological Foundations of Health and Illness*. pp. 395-428.

Masters, K.S., Speilmans, G.L., & Goodson, J.T. (2006). Are there demonstrable effects of distant intercessory prayer? A meta-analytic review. *Annals of Behavioral Medicine*, 32, 21-26.

Harrison, M.O., Edwards, C.L., Koenig, H.G., Bosworth, H.B., Decastro, L., & Wood, M. (2005). Religiosity/Spirituality and pain in patients with sickle cell disease. *Journal of Nervous and Mental Disease*, 193, 250-257.

Hodge, D.R. (2006). A template for spiritual assessment: a review of the JCAHO requirements and guidelines for implementation. *Social Work*, 51, 317-326.

Weaver, A.J. & Koenig, H.G. (2006). Religion, spirituality, and their relevance to medicine: an update. *American Family Physician*, 8, 1-3.

Dyer, J. (2007). How does spirituality affect physical health? *Holistic Nurse Practitioner*, 21, 324-328.

Seegerstrom, S.C. (2005). Optimism and immunity: Do positive thoughts always lead to positive effects? *Brain, Behavior, and Immunity*, 19, 195-200.

## **WOMEN'S HEALTH** (2 weeks)

### **Pregnancy-Related Topics** (1 week)

Ader, D. N. (2002). Complications of pregnancy, childbirth, and the puerperium. In T. J. Boll (Ed.) *Handbook of clinical health psychology*. Washington, D.C.: APA. (pp. 345-370).

American College of Obstetricians and Gynecologists (ACOG) Committee on Health Care for Underserved Women. (Aug, 2006). Psychosocial risk factors: Perinatal screening and intervention. ACOG Committee Opinion No. 343. *Obstetrics & Gynecology*, 108, 469-477.

Coons, H.L., Morgenstern, D., Hoffman, E.M., Striepe, M.I., & Buch, C. (2004). Psychologists in women's primary care and obstetrics-gynecology: Consultation and treatment issues. In R.G. Frank, S.H. McDaniel, J.H. Bray, & M. Heldring (Eds.) *Primary Care Psychology*. (pp. 209-226). Washington, D.C.: APA.

Gjerdingen, DK & Yawn, BP. (2007). Postpartum depression screening: importance, methods, barriers, and recommendations for practice. *Journal of the American Board of Family Medicine*, 20, 280-288.

Eberhard-Gran, M, Tambs, K., Opjordsmoen, S., Skrondal, A., & Eskild, A. (2004). Depression during pregnancy and after delivery: A repeated measurement study. *J Psychosom Obstet Gynecol*, 25, 15-21.

Way, C.M. (2007). Safety of newer antidepressants in pregnancy. *Pharmacotherapy*, 27, 546-552.

Hampton, T. (2006). Antidepressants and pregnancy: Weighing risks and benefits no easy task. *JAMA*, 295, 1631-1633.

Kahn, D.A., Moline, M.L., Ross, R.W., Cohen, L.S., & Altshuler, L.L. (March, 2001). Major depression during conception and pregnancy: A guide for patients and families. A Postgraduate Medicine Special Report: Expert Consensus Guideline Series. (pp. 110-111).

Moline, M.L., Kahn, D.A., Ross, R.W., Altshuler, L.L., & Cohen, L.S. (March, 2001). Major depression during conception and pregnancy: A guide for patients and families. A Postgraduate Medicine Special Report: Expert Consensus Guideline Series. (pp. 112-113).

Wolfson, A., Crowley, S., Anwer, U., & Bassett, J. (2003). Changes in sleep patterns and depressive symptoms in first-time mothers: Last trimester to 1-year postpartum. *Behavioral Sleep Medicine*, 1, 54-67.

***Recommended Readings:***

Chaudron, L.H. Szilagyi, P.G., Campbell, A.T., Mounts, K.O., & McInerney, T.K. (2007). Legal and ethical considerations: Risks and benefits of postpartum depression screening at well-child visits. *Pediatrics*, 119, 123-128.

American College of Obstetricians and Gynecologists (ACOG) Committee on Practice Bulletins. (Nov, 2007). Use of psychiatric medications during pregnancy and lactation. ACOG Committee Opinion No. 354. *ACOG Practice Bulletin*, 87, 1-20.

**General Women's Health Issues (1 week)**

Blechman, E.A. & Brownell, K.D. (1998). Behavioral medicine and women: A comprehensive handbook. New York: Guilford. Chs. 63, 64, 135-137.

Elliott, M. (2002). Treating the patient with pelvic pain. In D.C. Turk, & R.J. Gatchel, *Psychological approaches to pain management: A practitioner's handbook, 2<sup>nd</sup> Edition*. New York: The Guilford Press. Ch. 22 (pp. 455-469).

Santoro, N. & Chervenak, J. (2004). The menopause transition. *Endocrinology & Metabolism Clinics of North America*, 33, 627-636.

Sowers, M. et al. (2000). SWAN: A multicenter, multiethnic, community-based cohort study of women and the menopausal transition. In *Menopause: Biology and pathobiology*. Academic Press. (pp. 175-177 only)

Stanton, A. L., Lobel, M., Sears, S., & Deluca, R. S. (2002). Psychosocial aspects of selected issues in women's reproductive health: Current status and future directions. *Journal of Consulting and Clinical Psychology*, 70, 751-770.

Kloss, J.D., Tweedy, K., & Gilrain, K. (2004). Psychological factors associated with sleep disturbance among perimenopausal women. *Behavioral Sleep Medicine*, 2, 177-190.

**HUMAN STRESS RESPONSE (2 weeks)**

Saplosky, R. M. (2004). *Why zebras don't get ulcers: An updated guide to stress, stress-related diseases, and coping* (3<sup>rd</sup> ed.). New York, NY: W.H. Freeman and Company.

Everly, G. S. & Lating, J. M. (2002). *A clinical guide to the treatment of the human stress response*, 2<sup>nd</sup> Edition. New York: Plenum Press. Ch. 2.

Week 1: Everly Ch. 2, Sapolsky Ch. 1-6

Week 2: Sapolsky Ch. 7-13

### **Recommended Readings**

Linden, W. (2005). *Stress management: From basic science to better practice*. Thousand Oaks, CA: Sage.

### **SCIENTIST-PRACTITIONER MODEL** (3 weeks)

Hayes, S. C., Barlow, D. H., Nelson-Gray, R. (1999). *The scientist practitioner: Research & accountability in the age of managed care*. Des Moines, IA: Allyn & Bacon. (Chapter 1)

Cone, J. D. (2001). *Evaluating outcomes: Empirical tools for effective practice*. Washington, D.C.: American Psychological Association.

Week 1: Hayes Ch 1; Cone Ch 1-5

Week 2: Cone Ch 6-9

Week 3: Cone Ch 10-13

### **EPIDEMIOLOGY/BIOSTATISTICS/PREVENTATIVE MEDICINE** (1 week)

Tsuang, M.T., & Tohen, M. (Eds.) (2002). *Textbook in Psychiatric Epidemiology* (2<sup>nd</sup> edition). New York: John Wiley. Selected chapters.

### **COMMUNITY INTERVENTION** (1 week)

Boll, T., Baum, F. & Wallander, . (Eds.). (2002). *Handbook of Clinical Health Psychology*. Chap. 15, pp. 501-548.

A Guide to Population Health from USAF Population Health Support Division (www.Kx.afms.mil), June 2004. Chapters 1, 4 (pp 37-49), Chapters 5-8 & 10.

Lusk, S.L. & Raymond, D.M. (2002). Impacting health through the worksite. *The Nursing Clinics of North America*, 37, 247-256.

Zaza, S., Briss, P.A., & Harris, K.W. (2005). *The Guide to Community Preventive Services. What Works to Promote Health?* Oxford University Press: New York, NY. Chap 2, pp. 80-112.

### **CLINICAL RESEARCH** (2 weeks)

AFI 40-402: Protection of human subjects in biomedical and behavioral research (included in post-doc notebook)

Computer based training from NIH on protection of human subjects (See Clinical Research Lab CD )

Cumming, G., & Finch, S. (2005). Inference by eye: Confidence intervals and how to read pictures of data. *American Psychologist*, 60, 170-180.

Kaplan, R. M. & Groessl. ( 2002). Applications of cost-effectiveness methodologies in behavioral medicine. *Journal of Consulting and Clinical Psychology*, 70, 482-493.

Morgan, D. L. & Morgan, R. K. (2001). Single-participant research design. *American Psychologist*, 56, 119-127.

Kazdin, A.E. (Ed.) (1998). *Methodological issues and strategies in clinical research (2<sup>nd</sup> edition)*. Washington, DC: American Psychological Association.

#### ***Recommended Readings:***

Hedden, S.L., Woolson, R.F., & Malcolm, R.J. (2006). Randomization in substance abuse clinical trials. *Substance Abuse Treatment, Prevention, and Policy*, 1.

Week 1: NIH training & AFI 40-402, Cumming & Finch, Kaplan, & Morgan articles  
Week 2: Kazdin, Ch 14, 17, 25, 31, 38

### **HEADACHES** (2 weeks)

Week 1: Schwartz, Chapter 14 & First 4 articles

Week 2: Remaining Articles/chapter

Schwartz, M. S. & Andrasik F. (2003). *Biofeedback: A Practitioner's Guide* (3rd edition). New York: The Guildford Press. Ch 14.

Nestoriuc, Y., and A. Martin (2007). Efficacy of biofeedback for migraine: A meta-analysis. *Pain* 128(1-2): 111-27.

Olesen, J. & Goadsby, P. J. (2006). Synthesis of migraine mechanisms. Chapter 42. In J. Olesen, P. J. Goadsby, N. M. Ramadan, P. Telt-Hansen, & K. M. A. Welch (eds) *The Headaches* (3<sup>rd</sup> Ed.). (pp. 393-398). Philadelphia, PA: Lippincott, Williams & Wilkins.

Nash, J.M. & Theborge, R.W. (2006). Understanding psychological stress, its biological processes, and impact on primary headache. *Headache* 46(9):1377-1386.

Wheeler, S. D. (ed) (2001). *Dialogues in Neurotherapeutics: Identification and prevention of primary headaches*, Health Learning Systems, New Jersey.

Snow, V, Weiss, K., Wall, E. M., & Mottur-Pilson, C. (2002). Pharmacologic management of acute attacks of migraine and prevention of migraine headache. *Annals of Internal Medicine*, 137, 840-849.

Penzien, D.B., Rains, J.C., Lipchik, G.L., & Creer, T.L. (2004). Behavioral interventions for tension-type headache: Overview of current therapies and recommendation for a self-management model for chronic headache. *Current Pain and Headache Reports*, 8, 489-499.

Marcus, D. A. (2001). Nonpharmacologic treatment of migraine. *TEN*, 3, 50-55.

Holroyd, K.A., Penzien, D.B., Rains, J.C., Lipchik, G.L., & Buce, D.C. (2008). Behavioral management of headache. In S.D. Silberstein, R.B. Lipton, & D.W. Dodick (Eds.), *Wolff's Headache and Other Head Pain* (8<sup>th</sup> ed.) (pp. 721-746). New York: Oxford University Press.

Lake, A.E. (2006). Medication overuse headache: Biobehavioral issues and solutions. *Headache*, 45, suppl. 3, S88-S97.

Rains, J.C., and J.S. Poceta (2006). Headache and sleep disorders: Review and clinical implications for headache management. *Headache* 46(9):1344-1361.

Handouts from SBM 2004: Drug Therapy: Tension-type headache, etc.

***Recommended Readings:***

Holroyd, K. A. O'Donnel, F. J., Stensland, M., Lipchik, G. L., Cordingley, G. E., & Carlson B. W. (2001). Management of chronic tension-type headache with tricyclic antidepressant medication, stress management therapy, and their combination. *Journal of the American Medical Association*, 285, 2208-2215.

Rains, J.C., Penzien, D.B., McCrory, D.C. & Gray, R.N. (2005). Behavioral headache treatment: History, review of the empirical literature, and methodological critique. *Headache*, 45, S91-108.

Evans, R.W. & Taylor, F. R. (2006) "Natural" or alternative medications for migraine prevention. *Headache*, 46(6), 1012–1018.

**SLEEP** (4 weeks)

Morin, C.M., & Espie, C.A. (2003). *Insomnia: A clinical guide to assessment and treatment*. New York: Kluwer Academic.

Morin, C.M., Bootzin, R.R., Buysse, D.J., Edinger, J.D., Espie, C.A., & Lichstein, K.L. (2006). Psychological and behavioral treatment of insomnia: Update of the recent evidence (1998-2004). *Sleep*, 29, 1398-1414. [Resident reading]

Aloia, M.S., Arnedt, J.T., Riggs, R.L., Hecht, J., & Borrelli, B. (2004). Clinical management of poor adherence to CPAP: Motivational enhancement. *Behavioral Sleep Medicine*, 2, 205-222.

Edinger, J. D., Wohlgemuth, W. K., Radtke, R. A., Marsh, G. R., & Quillian, R. E. (2001). Cognitive behavioral therapy for treatment of chronic primary insomnia. *JAMA*, 285, 1856-1864.

Perlis, M. L. & Lichstein, K.L. (Eds.). (2003). *Treating Sleep Disorders: Principles and practice of behavioral sleep medicine*. Hoboken, NJ: John Wiley and Sons, Chap. 1-6, 11-12.

Lee-Chiong, T.L., Sateia, M.J., & Carskadon, M.A. (Eds.). (2002). *Sleep Medicine*. Philadelphia, PA: Hanley & Belfus, Inc., Chap 46-55.

Lichstein, K.L., Stone, K.C., Nau, S.D., McCrae, C.S., & Payne, K.L. (2006). Insomnia in the elderly. *Sleep Medicine Clinics*, 1, 221-229.

The Medical Letter on Drugs and Therapeutics, Vol 47, 1203, pp. 17-19.

***Recommended Readings:***

Budhiraja, R., Parthasarathy, S., Drake, C.L., Roth, T., Sharief, I., et al. (2007). Early CPAP use identifies subsequent adherence to CPAP therapy. *Sleep*, 30, 320-324.

Morin, C. M., Hauri, P. J., Espie, C. A., Spielman, A. J., Buysse, D. J. & Bootzin, R. R (1999). Nonpharmacologic treatment of chronic insomnia. *Sleep*, 22(8), 1134-1156.

Week 1: Perlis & Lichstein, Ch. 1-3, article in The Medical Letter, and Morin article

Week 2: Perlis & Lichstein, Ch. 4-6, 11-12; Edinger et al. article

Week 3: Lee-Chiong, Sateia, & Carskadon, Ch. 46-55; Aloia et al. article; and Lichstein et al. article

Week 4: Morin & Espie (all)

## **OVERWEIGHT AND OBESITY** (3 weeks)

National Institutes of Health. (June, 1998). Clinical guidelines in the identification, evaluation, and treatment of overweight and obesity in adults: The evidence report. NIH publication No. 98-4083. Washington, DC: U.S. Department of Health and Human Services. Download or order from NHLBI website <http://www.nhlbi.nih.gov>.

AFI 10-248: The Air Force Fitness Program (see binder or AF pubs website)

Wansink, B. (2006). *Mindless Eating: Why We Eat More Than We Think*. New York, NY: Bantam Books. (Chapters 1 & 10).

Keith, S.W., Redden, D.T., Katzmarzyk, P.T., Boggianno, M.M., Hanlon, E.C., et al. (2006). Putative contributors to the secular increase in obesity: Exploring the roads less traveled. *International Journal of Obesity*, 30, 1585-1594.

Wing, R.R., Tate, D.F., Gorin, A.A., Raynor, H.A., & Fava, J.L. (2006). A self-regulation program for maintenance of weight loss. *New England Journal of Medicine*, 355, 1563-1571.

The Look AHEAD Research Group. (2006). The Look AHEAD study: A description of the lifestyle intervention and the evidence supporting it. *Obesity*, 14, 737-752.

The Look AHEAD Research Group. (2007). Reduction in weight and cardiovascular disease risk factors in individuals with type 2 diabetes. *Diabetes Care*, 30, 1374-1383.

Powell, L.H., Calvin, J.E., & Calvin, J.E. (2007). Effective obesity treatments. *American Psychologist*, 62, 234-246.

Jakicic, J.M., Marcus, B.H., Gallagher, K.I., Napolitano, M., & Lang, W. (2003). Effect of exercise duration and intensity on weight loss in overweight, sedentary women: A randomized trial. *JAMA*, 290, 1323-1330.

Carels, R.A., Darby, L., Cacciapaglia, H.M., Konrad, K., Coit, C. et al. (2007). Using motivational interviewing as a supplement to obesity treatment: A stepped-care approach. *Health Psychology*, 26, 369-374.

Sternfeld, B., Wang, H., Quesenberry, C.P., Abrams, B., Everson-Rose, S.A., et al. (2004). Physical activity and changes in weight and waist circumference in midlife women: Findings from the Study of Women's Health Across the Nation. *American Journal of Epidemiology*, 160, 912-922.

### ***Recommended readings:***

Foster, G.D., Wadden, T.A., Vogt, R.A., & Brewer, G. (1997). What is a reasonable weight loss? Patient's expectations and evaluations of obesity treatment outcomes. *Journal of Consulting and Clinical Psychology*, 65, 79-85.

Haddock, C.K., Poston, W.S., Dill, P.L., Foreyt, J.P., & Ericsson, M. (2002). Pharmacotherapy for obesity: A quantitative analysis of four decades of published randomized clinical trials. *International Journal of Obesity*, 26, 262-273.

Adams, T.D. et al. (2007). Long-term mortality after gastric bypass surgery. *New England Journal of Medicine*, 357, 753-761.

Week 1: NIH book & AFI

Week 2: Remaining articles

Week 3: Mindless Eating, Ch. 1 & 10

### **GASTROINTESTINAL DISORDERS** (1 week)

Toner, B. B., Segal, Z. V., Emmott, S. D., & Myran, D. (2000). *Cognitive-behavioral treatment of irritable bowel syndrome: The brain-gut connection*. New York: Guilford Press. Chap. 2.

Blanchard, E. B. (2000). Irritable Bowel Syndrome, Washington D. C., American Psychological Association, Chap. 1-3.

Williams, M., Budavari, A., Olden, K.W., & Jones, M.P. (2005). Psychosocial assessment of functional gastrointestinal disorders in clinical practice. *Journal of Clinical Gastroenterology*, 39, 847-857.

Levy, R.L., Olden, K.W., Naliboff, B.D., Bradley, L.A., Francisconi, C., Drossman, D.A., & Creed, F. (2006). Psychosocial aspects of the functional gastrointestinal disorders. *Gastroenterology*, 130, 1447-1458.

Longstreth, G.F., Thompson, W.G., Chey, W.D., Houghton, L.A., Mearin, F., & Spiller, R.C. (2006). Functional bowel disorders. *Gastroenterology*, 130, 1480-1491.

#### ***Recommended Readings:***

Clouse, R.E., Mayer, E.A., Aziz, Q., Drossman, D.A., Dumitrascu, D.L., Monnikes, H., & Naliboff, B.D. (2006). Functional abdominal pain syndrome. *Gastroenterology*, 130, 1492-1497.

Toner, B.B. & Casati, J. (2002). Diseases of the digestive system. In T.J. Boll, (Ed.) *Handbook of Clinical Health Psychology Volume 1* (pp. 283-305). Washington, D.C.: American Psychological Association,

Rasquin-Weber, A., Hyman, P. E., Cucchiara, S., Fleisher, D. R., Hyams, J. S., Milla, P. J., & Staiano, A. (1999). Childhood functional gastrointestinal disorders. *Gut*, 45 (Supplement II), II60-II68.

Labus, J.S., Mayer, E.A., Chang, L., Bolus, R., Naliboff, B.D. (2007). The central role of gastrointestinal-specific anxiety in irritable bowel syndrome: Further validation of the visceral sensitivity index. *Psychosomatic Medicine*, 69, 89-98.

### **TOBACCO** (1 week)

Abrams, D.B., Niaura, R., Brown, R.A., Emmons, K.M., Goldstein, M.G., & Monti, P.M. (2003). *The tobacco dependence treatment handbook: A guide to best practices*. New York: Guilford Press. Chs. 1,4,7.

AFI 40-102: *Tobacco use in the Air Force*

Cigrang, J. A., Severson, H. H., & Peterson, A. L., (2002). Pilot evaluation of a population-based health intervention for reducing use of smokeless tobacco. *Nicotine & Tobacco Research*, 4, 127-131.

<http://www.ahrq.gov/path/tobacco.htm> (Selected Readings)

<http://www.smokefree.gov/> (Quit Site)

Klesges, R.C., DeBon, M., Vander Weg, M.W., Haddock, C.K., Lando, H.A., Relyea, G.E., Peterson, A.L., & Talcott, G.W. (2006). Efficacy of a tailored tobacco control program on long-term use in a population of U.S. military troops. *Journal of Consulting and Clinical Psychology*, 74, 296-306.

Parrott, A.C. (1999). Does cigarette smoking *cause* stress? *American Psychologist*, 54, 817-820.

Phillips, K.M., & Brandon, T.H. (2004). Do psychologists adhere to the clinical practice guidelines for tobacco cessation? A survey of practitioners. *Professional Psychology: Research and Practice*, 35, 281-285.

#### ***Recommended Readings:***

U.S. Department of Health and Human Services (2008). *Treating tobacco use and dependence: 2008 update*. Public Health Service: Washington DC. [PDF file available on shared drive→CHP→Fellows→Readings; for reference]

### **BIOFEEDBACK INSTRUMENTATION AND PRACTICE** (1 week)

Schwartz, M. S. & Andrasik F. (2003). *Biofeedback: A Practitioner's Guide (3rd edition)*. New York: The Guildford Press. Chapters 4, 6, 7

Gatchel, R. J. (2001) Biofeedback and self-regulation of physiological activity: A major adjunctive treatment modality in health psychology. In Baum, A., Revenson, T. A., & Singer, *Handbook of Health Psychology*. New Jersey, Lawrence Erlbaum Associates. Ch. 6, pp 95-103.

### **CANCER** (1 week)

Alfano, C. & Rowland, J. Recovery issues in cancer survivorship: A new challenge for supportive care. *Cancer Journal*, 12, 432-443.

Burish, T. B., Carey, M. P., Krozely, M. G., & Greco, F. A. (1987). Conditioned side effects induced by cancer chemotherapy: Prevention through behavioral treatment.. *Journal of Consulting and Clinical Psychology*, 70, 42-48.

Nezu, A., Nezu, C., Felgoise, S., McClure, K., & Houts, P. (2003). Project Genesis: Assessing the efficacy of problem-solving therapy for distressed adult cancer patients. *Journal of Consulting and Clinical Psychology*, 71, 1036-1048.

Spiegel, D. & Giese-Davis, J. (2003). Depression and cancer: Mechanisms and disease progression. *Biological Psychiatry*, 54(3) 269-282.

Palmer, S.C., Coyne, J.C., & Spiegel, D., Giese-Davis, J. (2004). Examining the evidence that psychotherapy improves the survival of cancer patients. *Biological Psychiatry*, 56(1), 61-64.

Anderson, B.L., Shelby, R.A., & Golden-Kreutz, D.M. (2007). RCT of a psychological intervention for patients with cancer. I. Mechanisms of change. *Journal of Consulting and Clinical Psychology*, 75, 927-938.

### ***Recommended Readings:***

Feuerstein, M. (Ed.) (2006). *Handbook of Cancer Survivorship*. New York: Springer.

Newell, S.A., Sanson-Fisher, R.W., & Savolainen, N.J. (2002). Systematic review of psychological therapies for cancer patients: Overview and recommendations for future research. *Journal of the National Cancer Institute*, 94(8), 558-584.

Stewart, S.K. (2002). *Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients*. Illinois: Blood & Marrow Transplant Information Network.

### **CARDIAC PSYCHOLOGY** (1 week)

Scheidt, S. (1996). A whirlwind tour of cardiology for the mental health professional. In R. Allan & S. Scheidt (Eds.) *Heart and Mind: The practice of cardiac psychology* (pp 15-62 & 313-327). Washington DC: American Psychological Association.

Center of Excellence for Medical Multimedia. *Cardioconnection: Dyslipidemia*. USAFA, Co.: Office of the Air Force Surgeon General. (in CHP library)

Center of Excellence for Medical Multimedia. *Cardioconnection: Hypertension*. USAFA, Co.: Office of the Air Force Surgeon General. (in CHP library)

Joynt, K.E., & O'Connor, C.M. (2005). Lessons from SADHART, ENRICHED, and Other Trials. *Psychosomatic Medicine*, 67, S63-66.

Leon, A. S., Franklin, B. A., Costa, F., Balady, G. J., et al. (2005). Cardiac rehabilitation and secondary prevention of coronary heart disease: An American Heart Association scientific statement from the council on clinical cardiology and the council on nutrition, physical activity and metabolism, in collaboration with the American Association of Cardiovascular and Pulmonary Rehabilitation. *Circulation*, 111, 369-376.

Lichtenstein, A. H., Appel, L.J., Brands, M., Carnethon, M., Daniels, S., Franch, H.A. et al. (2006). Diet and lifestyle recommendations revision 2006: A scientific statement from the American Heart Association Nutrition Committee. *Circulation*, 114, 82-96.

MacMahon, K. M., A. & Lip, G. Y. H. (2002). Psychological factors in heart failure: A review of the literature. *Archives of Internal Medicine*, 162, 509-516.

Grundey, S.M., Hansen, B., Smith, S.C., Cleeman, J.I., & Kahn, R.A. (2004). Clinical management of metabolic syndrome. *Circulation*, 109: 551-556.

### **Recommended Readings:**

Sears, S., Kovacs, A.H., Azzarello, L., Larsen, K., & Conti, J. (2004). Innovations in health psychology: The psychosocial care of adults with implantable cardioverter defibrillators. *Professional Psychology: Research and Practice*, 35, 520-526.

Blumenthal, J. A., Sherwood, A., Gulleto, E. C.D., Georgiades, A., & Tweedy, D. (2002). Biobehavioral approaches to the treatment of essential hypertension. *Journal of Consulting and Clinical Psychology*, 70, 569-589.

Iestra, J.A., Kromhout, D., van der Schouw, Y.T., Grobee, D.E., Boshuizen, H.C., & van Staveren, W.A. (2005). Effect size estimates of lifestyle and dietary changes on all-cause mortality in coronary artery disease patients: a systematic review. *Circulation*, 112, 924-934.

### **PULMONARY DISEASE** (1 week)

Anzueto, A. (2006). Clinical course of chronic obstructive pulmonary disease: Review of therapeutic interventions. *American Journal of Medicine*, 119, 46-53.

Bender, B.G. (1996) Establishing a role for psychology in respiratory medicine. In R.J. Resnick, & R.H. Rozensky (Eds.), *Health psychology through the life span: Practice and research opportunities*. Washington, DC: American Psychological Association. Ch. 16, 227-238.

American Thoracic Society (2006). Statement on Pulmonary Rehabilitation. *American Journal of Respiratory and Critical Care Medicine*, 159, 1666-1682.

Creer, T.L., Bender, B.G., & Lucas, D.O. (2002). Diseases of the respiratory system. In T.J. Boll, S.B. Johnson, N.W. Perry, & R.H. Rozensky (Eds) *Handbook of Clinical Health Psychology (Vol 1, pp. 239-282)*. Washington, D.C.: American Psychological Association.

Deshmukh, V., Toelle, B., Usherwood, T., O'Grady, B, & Jenkins, C. (2007). Anxiety, panic, and adult asthma: A cognitive-behavioral perspective. *Respiratory Medicine*, 101, 194-202.

***Recommended Readings:***

Scott, K., Von Korff, M., Ormel, J., Zhang, M., Bruffaerts, R., et al. (2007). Mental disorders among adults with asthma: Results from the World Mental Health Survey. *General Hospital Psychiatry*, 29, 123-133.

Tiep, B. L. (1997). Disease management of COPD with pulmonary rehabilitation. *Chest*, 112, 1630-1656.

**BEHAVIORAL DENTISTRY** (1 week)

Glaros, A.G., Owais, Z., & Lausten, L. (2007). Reduction in parafunctional activity: A potential mechanism for the effectiveness of splint therapy. *Journal of Oral Rehabilitation*, 34, 97-104.

Glaros, A.G., Williams, K., & Lausten, L. (2005). The role of parafunctions, emotions, and stress in predicting facial pain. *JADA*, 136, 451-458.

Klepac, R.K., & Purcell, E.L. (1988). Overcoming fear of dentistry: A self-help manual.

Mishra, K. D., Gatchel, R. J., & Gardea, M. A. (2000). The relative efficacy of three cognitive-behavioral treatment approaches to temporomandibular disorders. *Journal of Behavioral Medicine*, 23, 293-309.

Schwartz, M. S. & Andrasik F. (2003). *Biofeedback: A Practitioner's Guide (3rd edition)*. New York: The Guildford Press. Ch. 15.

Turk, D. C., Rudy, T. E., Kubinski, J. A., Zaki, H. S., & Greco, C. M. (1996). Dysfunctional patients with temporomandibular disorders: Evaluating the efficacy of a tailored treatment protocol, *Journal of Consulting and Clinical Psychology*, 64, 139-146.

Turk, D.C., & Gatchel, R. J. (2002). *Psychological approaches to pain management: A practitioner's handbook, 2<sup>nd</sup> Edition*. New York: The Guilford Press. Ch. 21.

Turk, D. C., Zaki, H. S., & Rudy, T. E. (1993). Effects of intraoral appliance and biofeedback stress management alone and in combination in treatment pain and depression in patients with temporomandibular disorders. *Journal of Prosthetic Dentistry*, 70, 158-164.

Pierce, C. J. & Gale, E. N. (1988). A comparison of different treatments for nocturnal bruxism. *J of Dent Res* 67(3), 597-601.

### **HEALTH PROMOTION** (1 week)

Phillips, W. T, Kiernan, M. & King, A. C. (2001). The effects of physical activity on physical and psychological health. In Baum, A., Revenson, T. A., & Singer.(Eds), *Handbook of Health Psychology*. New Jersey, Lawrence Erlbaum Associates, Ch. 38, pp 627-657.

Agazio, J.G., Ephraim, P.M., Flaherty, N.B., & Gurney, C.A. (2002). Health promotion in active-duty military women with children. *Women & Health*, 35(1), 65-82. Haworth Press, US.

2005 DoD Survey of Health-Related Behaviors among Military Personnel (Review Slides provided; [www.kx.afms.mil](http://www.kx.afms.mil))

Rimer, B. K., McBride, C. M. & Crump, C. (2001). Women's health promotion. In A. Baum, T.A. Revenson, & J. E. Singer (Eds.) *Handbook of Health Psychology* (pp 519-540). Mahwah, NJ: Lawrence Erlbaum Associates.

Smith, T.W., Orleans, C.T., & Jenkins, C.D. (2004). Prevention and health promotion: Decades of progress, new challenges, and an emerging agenda. *Health Psychology*, 23(2), 126-131.

### **SPECIAL POPULATIONS AND CULTURAL ISSUES** (1 week)

Landrine, H. & Klonoff, E.A. (2004). Culture change and ethnic-minority health behavior: An operant theory of acculturation. *Journal of Behavioral Medicine*, 27(6), 527-555.

Tait, R. C. & Chibnall, J. T. (2005). Racial and ethnic disparities in the evaluation and treatment of pain: psychological perspectives. *Professional Psychology : Research and Practice*, 36, 595-601.

Yali, A.M. & Revenson, T.A. (2004). How changes in population demographics will impact health psychology: Incorporating a broader notion of cultural competence into the field. *Health Psychology*, 23(2), 147-155.

Landrine, H. & Klonoff, E. A. (2001). Cultural Diversity and Health Psychology. In A. Baum, T.A. Revenson, & J. E. Singer (Eds.) *Handbook of Health Psychology* (pp 851-891). Mahwah, NJ: Lawrence Erlbaum Associates. [Resident Reading]

American Psychological Association (2004). Guidelines for psychological practice with older adults. *American Psychologist*, 59(4), 236-260.

**Recommended Readings:**

Kelly, J. A., & Kalichman, S. C. (2002). Behavioral research in HIV/AIDS primary and secondary prevention: Recent advances and future directions. *Journal of Consulting and Clinical Psychology*, 70(3), 626-639.

**PRESURGICAL SCREENING** (1 week)

Christensen, A. J. & Ehlers, S. L. (2002). Psychological factors in end-stage renal disease: An emerging context for behavioral medicine research. *Journal of Consulting and Clinical Psychology*, 70, 712-724.

Collins, C. A. & Labott, S. M. (2007). Psychological assessment of candidates for solid organ transplants. *Professional Psychology: Research and Practice*, 38, 150-157.

Block, A. Presurgical psychological screening in chronic pain syndromes: Psychosocial risk factors for poor surgical results. (1999). In R.J. Gatchel, & D.C. Turk *Psychosocial factors in pain (ch. 24)*. New York: The Guilford Press.

Robinson, M. E. & Riley, J. L. (2001). Presurgical psychological screening. In D.C. Turk, & R. Melzack, *Handbook of pain assessment (2<sup>nd</sup> edition)*. New York: Guilford Press. Ch. 20, pp. 385-399.

Doleys, D. M. (2002). Preparing patients for implantable technologies. In D.C. Turk, & R.J. Gatchel, *Psychological approaches to pain management: A practitioner's handbook, 2<sup>nd</sup> Edition*. New York: Guilford Press. Ch. 16, pp. 334-348.

Sarwer, D. B., Wadden, T. A., & Fabricatore, A. N. (2005). Psychosocial and behavioral aspects of bariatric surgery. *Obesity Research*, 13, 639-648.

Saltzman, E. et al. (2005). Criteria for patient selection and multidisciplinary evaluation and treatment of the weight loss surgery patient. *Obesity Research*, 13, 234-243.

### ***Recommended Readings***

Waltzman, S. B. & Cohen, N. L. (Eds.). (2000). *Cochlear Implants*, New York, Theime, Chap. 5, & 9.

Sound and Fury website (cochlear implants):  
<http://www.pbs.org/wnet/soundandfury/index.html>.

## **Recommended Readings and Books for Your Personal CHP Library**

### **Behavior Therapy**

Martin, G., & Pear, J. (2002). *Behavior modification: What it is and how to do it, 7<sup>th</sup> edition*. Upper Saddle River, NJ: Prentice-Hall.

Nezu, A. M. & Nezu, C. M. (1989). *Clinical decision making in behavior therapy*. Champaign, IL: Research Press Company.

Wolpe, J. (1990). *The practice of behavior therapy*. New York: Pergamon.

### **Bibliotherapy**

Brownell, K. D. (2000). *The LEARN program for weight control* (8th ed.). American Health Publishing Company.

Caudill, M. A. (2002). *Managing pain before it manages you Revised Edition*. New York: Guilford Press.

Duckro, P. N., Richardson, W. D., Marshall, J. E., Cassabaum, S. & Marshall, G. (1999). *Taking control of your headaches: How to get the treatment you need*. New York: Guilford Press.

Fransen & Russell, I. J. (1997). *The fibromyalgia help book: Practical guide to living better with fibromyalgia*. St. Paul, MN: Smith House Press.

Jamison, Robert N. (1996). *Mastering chronic pain: A professional's guide to behavioral treatment*. Sarasota, FL: Professional Resource Press.

Zammit G. K. (1998). *Good Nights: How to Stop Sleep Deprivation, Overcome Insomnia, and Get the Sleep You Need*. XXX: Andrews McMeel Publishing.

### **Cancer**

Nezu, A.M., Nezu, C.M., Friedman, S.H., Faddis, S., & Houts, P.S. (1999). *Helping cancer patients cope: A problem-solving approach*. Washington, DC: American Psychological Association.

Seligman, L. (1996). *Promoting a fighting spirit: Psychotherapy for cancer patients, survivors, and their families*. San Francisco: Jossey-Bass Inc., Publishers.

### **Chronic Illness**

Nicassio, P. M. & Smith, T. W. (1995). *Managing chronic illness: A biopsychosocial perspective*. Washington, DC: American Psychological Association.

### **Cognitive Therapy**

Walen, S. R., DiGiusepppe, R., & Wessler, R. L. (1992). *A practitioner's guide to rational-emotive therapy: Second edition*. New York: Oxford University Press.

### **Death and Grief**

Rando, T. A. (1984). *Grief, dying, and death: Clinical interventions for caregivers*. Champaign, Illinois: Research Press Company.

### **Eating Disorders and Weight**

Brownell, K. D., & Fairburn, C. G. (Eds.). (1995). *Eating disorders and obesity: A comprehensive handbook*. New York: Guilford Press.

### **Epidemiology**

Jekel, J.F., Katz, D.L., & Elmore, J.G. (2001). *Epidemiology, biostatistics, and preventive medicine*. Saint Louis, MO: W.B. Saunders.

### **Headache**

Martin, P. R. (1993). *Psychological management of chronic headaches*. New York: The Guilford Press.

Silberstein, S.D., Lipton, R. B., & Dalessio, D.J. (2001). *Wolff's headache and other head pain (7<sup>th</sup> edition)*. New York: Oxford University Press.

### **Health Behavior Change**

Rollnick, S. Mason, P., & Butler, C. (1999). *Behaviour change: A guide for healthcare professionals*. Cardiff, UK: Churchill Livingstone.

### **Health Psychology**

Baum, A., Revenson, T. A., & Singer (Eds.). (2001). *Handbook of Health Psychology*. New Jersey, Lawrence Erlbaum Associates.

Boll, T. J. (2002). *Handbook of clinical health psychology*, Washington D. C., American Psychological Association.

## **Irritable Bowel Syndrome**

Blanchard, E. B. (2000). *Irritable Bowel Syndrome: Psychosocial Assessment and Treatment*. Washington DC: American Psychological Association. (2 weeks)

## **Pain**

Fordyce, W. E. (1976). *Behavioral methods for chronic pain and illness*. St. Louis: Mosby. (Out of Print—See WHMC library)

Gatchel, R. J. & Turk, D. C. (1999). *Psychosocial factors in pain*. New York: Guilford Press.

## **Primary Care**

Gatchel, R. J. & Oordt, M. S. (2003) *Clinical health psychology and primary care: Practical advice and clinical guidance for successful collaboration*. Washington, DC: American Psychological Association.

## **Reference**

Berkov, R. (Ed.). (1992). *Merck manual of diagnosis and treatment* (16th ed.). Rahway, NJ: Merck Research Laboratories.

Preston, J. & Johnson, J. (2000). *Clinical psychopharmacology made ridiculously simple* (4<sup>th</sup> ed.). Miami: Medmaster, Inc..

Anatomy and Physiology book

Cecil, R.L., Bennet, J.C., & Goldman, L. *Cecil's Textbook of Medicine*, 21<sup>st</sup> Edition (single volume)

## **Rehabilitation**

Frank, R.G. & Elliott, T.R. (Eds.) (2000). *Handbook of rehabilitation psychology*. Washington DC: American Psychological Association.

## **Scientist-Practitioner**

Hayes, S.C., Barlow, D.H., Nelson-Gray, R. (1999). *The scientist practitioner: Research & accountability in the age of managed care*. Des Moines, IA: Allyn & Bacon.

## **Sleep**

Lichstein, K.L. & Morin, C.M. (Eds.) (2000). *Treatment of late-life insomnia*. Thousand Oaks, CA: Sage Publications.

Pressman, M.R. & Orr, W.C. (Eds.). (1997). *Understanding sleep: The evaluation and treatment of sleep disorders*. Washington, D.C.: American Psychological Association.

### **Spirituality and Health**

Miller, W.R. (Ed.) (1999). *Integrating spirituality into treatment: Resources for practitioners*. Washington, DC: American Psychological Association.

Pargament, K. I. (1997). *The psychology of religion and coping: theory, research and practice*. New York: The Guilford Press.

### **Stress Response**

Everly, G. S. & Lating, J. M. (2002). *A clinical guide to the treatment of the human stress response, 2<sup>nd</sup> Edition*. New York: Plenum Press.

### **Women's Health**

Blechman, E. A., & Brownell, K. D. (Eds.). (1998). *Behavioral medicine & women: A comprehensive handbook*. New York: The Guilford Press.

### Publisher Ordering Information

NOTE: In the past, Guilford has had a 50% off policy for students, and you will be in student status during your fellowship year.

Allyn & Bacon	(800) 278-3525
American Health Publishing Company (LEARN Education Center)	(800) 736-7323
American Psychological Association	(800) 374-2721
Churchill Livingstone, Harcourt International (order through Amazon.com)	
Epidemiology Resources	(617) 244-1200
Guilford Press	(800) 365-7006
Jossey-Bass Inc., Publishers	(415) 433-1740
Merck Research Laboratories	(732) 594-4000
Can try one of their distributors: Rittenhouse Book Publishing (800) 345-6425 Ingram Publishing (615) 793-5000	
NHLBI Information Center	(301) 592-8573
Oxford University Press	(800) 451-7556
Plenum Press	(800) 221-9369
Pergamon Press (is now Prentice Hall Publishing)	(800) 643-5506
Research Press Company	(217) 352-3273
Smith House Press	(888) 220-5402
W. B. Saunders Company	(800)-545-2522